

Have you ever heard of a Persimmon?

How many varieties are there?

There are many types of persimmons but there are two types that can be purchased at the store:

1. Hachiya Persimmon: Looks like a miniature pumpkin. About 90% of persimmons purchased are hachiya. They are ripe when the inside is juicy and jelly like and the outside texture is mushy to the touch.



2. Fuyu: This is the type you have the chance to try today. They look more like a squat, orangey red tomato. The fuyu is ripe even when its skin is firm and has a crisp consistency similar to that of an apple.



Do they contain any vitamins or minerals?

Persimmons are an excellent source of Vitamin A. They also contain iron and calcium and are an excellent source of fiber. Its nutritional value is important for your heart, immune system, eye health (vitamin A) and can decrease the risk of certain cancers.

Fun facts

- Tea can be made from fresh or dried persimmon leaves
- Persimmons were introduced to the United States from China in the 1800's
- They are in season from September-December
- During the Civil War, some Southern families boiled, roasted, and ground persimmon seeds to produce a drink similar to coffee

